

# FORGING THE FUTURE:



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## Friday FACTS

3 November 2000

"Leadership, Partnership, and Championship"

### November is ★ AMERICAN ★ DIABETES MONTH



Each November, the American Diabetes Association conducts the American Diabetes Month program for people with diabetes. The program's goal is to increase awareness that annual dilated eye exams, routine foot exams, and good blood glucose and blood pressure control can prevent serious complications of diabetes. For additional information visit <http://www.diabetes.org/>

### Great American-Navy/Marine Corps Smoke Out Day

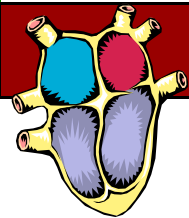
The 23rd annual American Cancer Society Smoke Out Day is scheduled for 16 November! What are your planned GASO activities to promote a tobacco free message? Please send your command/base events to us at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil) Visit the ACS website <http://www2.cancer.org/gas/index>.

### Flu vaccination outlook

Flu vaccine will be available later than usual this fall, but shortages are not expected, federal health officials say. About 75 million doses of vaccine are expected to be available this season, according to the Centers for Disease Control (CDC). Last year 74 million doses were distributed out of 80 to 85 million produced. The CDC announced in June that one of the flu strains contained in this year's vaccine was growing more slowly than expected delaying production. People at high risk of getting complications from flu and health care workers should be the first to be vaccinated, as vaccine becomes available. The agency is setting up a Web site to help providers and distributors obtain information about vaccine supplies. For more information about flu season, see the Navy message on the 2000-2001 Influenza Vaccine/DoD Prioritization Schedule and Immunization Plan at <http://www-nehc.med.navy.mil/prevmed/epi/fludnbi.htm> and the Centers for Disease Control and Prevention Web site <http://www.cdc.gov/> **Tracking the Flu** Want to know where the flu is and is it headed your way? Monitor the flu by region at CDC [www.cdc.gov/ncidod/diseases/flu/regions/senusmap.htm](http://www.cdc.gov/ncidod/diseases/flu/regions/senusmap.htm)

### National Survivors Of Suicide Conference

The American Foundation for Suicide Prevention is sponsoring the second annual National Survivors of Suicide Conference on 18 November. Visit the AFSG website for more conference and webcast information at <http://www.afsp.org/index-1.htm>



### Heartburn and sleep:

Nearly eight in 10 people who experience heartburn (reflux) have symptoms during the night, and most of them lose sleep because of it, a new survey indicates. More than 60 million Americans experience heartburn regularly. It occurs when stomach acid backs up into the esophagus. While it affects nearly everyone at some time, recurrent heartburn may lead to severe inflammation of the esophagus and cancer. It also can lead to serious conditions such as gastroesophageal reflux disease (GERD), erosive esophagitis, Barrett's esophagus (a precancerous condition), and esophageal cancer. A recent study published in the New England Journal of Medicine indicates that people who experience nighttime heartburn symptoms are 11 times more likely to develop esophageal cancer than those who do not. The survey, released Aug. 24, was conducted for the AGA by the Gallup Organization during the spring of 2000. Survey results were based on telephone interviews of 1,000 Americans, ages 18 and older, who reported experiencing heartburn at least once a week. For more information on heartburn and other digestive conditions visit: <http://www.mayohealth.org/mayo/9912/htm/gastro/gastroquiz.htm>

**Don't expect others to read your mind, no matter how long they've known you.  
If you need or want something, learn to ask for it.**